

TENANT BED BUG TREATMENT PREPARATION SHEET

(See following pages for further details and instructions)

1. Cleaning (Complete within 7 days)

- ☐ Place all clothing, linens, shoes, coats, pillows, in large, clear plastic bags
- ☐ Take down all things hanging on walls such as clocks, picture frames, posters, etc
- ☐ All clothes and plush items should put into a HOT dryer for 1/2 hour
- ☐ Separate cleaned items from items that have not been checked or cleaned
- ☐ Personal belongings should remain in bags until they can be inspected
- ☐ Room should be emptied of all belongings, and floors vacuumed (anything vacuumed should be disposed of in a sealed plastic bag)
- ☐ The mattress, box spring, and bed frame should be vacuumed thoroughly
- ☐ Buy and install certified “bed bug proof” covers for the mattress and box spring
- ☐ Non-porous furniture, floors, and walls should be washed with warm soapy water.
- ☐ Wash in and around any steam or hot water radiators (not electric baseboard heat).
- ☐ **Do not discard mattresses, furniture, clothing or other items without properly wrapping them and coordinating the disposal with the building staff.**

2. Preparation for Treatment (Complete within same 7 days as cleaning)

- ☐ **Notify your landlord immediately if you have small children, elderly people, health compromised individuals, or pets in the household**
- ☐ Place all clothing and linens in large, clear plastic bags
- ☐ Plastic toys, books, electronics, should be bagged separately for inspection
- ☐ Empty all drawers and closets into plastic bags, and place in the center of the room
- ☐ The room should be empty of all clothing and plush items
- ☐ Move furniture at least 18 inches from the walls.
- ☐ Have building staff remove outlet covers and switch plates on all walls
- ☐ Make sure the pest control professional can get to all areas to inspect and treat
- ☐ Cover fish tanks with towels or plastic
- ☐ Rooms should appear as if you are packed and ready to move

3. Initial Chemical Treatment (No later then 7 days after Bed Bugs are found)

- ☐ People & pets must leave the area during treatment for at least 4 hours

4. Repairs by Contractor (Within one week after treatment)

- ☐ Seal all holes in floors and walls and repair peeling paint or wall coverings.

5. Follow-up Chemical Treatment (Two weeks after initial treatment)

- ☐ If possible, remain “packed-up” for your follow-up chemical treatment.
- ☐ People & pets must leave the area during treatment for at least 4 hours

6. Final inspection/closeout (Three weeks after initial treatment)

- ☐ Make sure the pest control professional can get to all areas to inspect

INFORMATION, CHECKLISTS AND ADDITIONAL INSTRUCTIONS

Bed bugs have made a worldwide comeback. Unfortunately, they're turning up in many surprising places, such as fancy hotels, hospitals, college residence halls, offices, laboratories, airports, and maybe even your home. Why? Many experts consider globalization a major culprit. People and goods are traveling more widely and in greater numbers than ever before, plus most people do not think of bed bugs nor have any idea what they look like. Bed bugs are small, easily overlooked, often nocturnal, and can live for months without eating, making them perfect stowaways in luggage, backpacks, and shipping crates. Adult bed bugs are around 1/4 inch long and reddish brown in color, while immature stages (nymphs) begin at 1/32 inch after hatching from the egg. Young nymphs are flattened and more or less white to translucent, later straw-colored, but after feeding will be plump and red. They will feed and grow over a period of a few months or longer through 5 instar stages. Each instar stage requires at least one blood meal to mature and grow. Fully fed adults are reddish brown and somewhat football shaped. Adult bed bugs feed to gain nutrition, to produce eggs and sperm, and ultimately to reproduce. Eggs are sticky and deposited in furniture, wall and floor cracks and crevices, and any other places where bugs hide.

So what should you do about a bed bug infestation? For most people, bed bugs are more of a nuisance than a medical threat. Although they feed exclusively on blood, bed bugs are not known to transmit any diseases to humans, but often will produce welts and extreme itching. They may be horrifying to some, but they pose less risk to us than do mosquitoes and ticks. The best strategy to deal with bed bugs is integrated pest management, a system that combines a variety of practical techniques and products that pose the lowest risk to our health and to the environment.

I found bed bugs. Now what? You will be working closely with your landlord to prepare for treatment by a pest control company. First and foremost, there is no getting around it: if you want to get rid of bed bugs, you need to **clean and get rid of the clutter**, especially in your bedroom. The bugs are not the result of clutter and dirt, but clutter gives them many places in which to hide and escape detection. Bed bugs are not restricted to beds, but infest all types of furniture, moldings, wall voids, w/w carpeting tack strips, and even electronics, including clocks, radios, computers and printers. Remove things they could hide behind or underneath, such as wall hangings (pictures, posters), and area rugs and bag securely. Clothing should be washed (hot cycle) and placed in dryer on hot or, if already clean, at least placed in the dryer for 1 hour. Heat-dried clothing must be retained in plastic bags or special (covered) plastic bins and not placed back into dresser drawers until after the second treatment.

There is no single tool or activity that, if used alone, will eliminate bed bugs, including pesticides. Multiple techniques are required because bed bugs are small, good at hiding, and can live for long periods of time without feeding. With your cooperation, however, bed bugs can be eliminated.

As indicated on page 1, the treatment protocols consist of:

1. Cleaning
2. Preparation for Treatment
3. Initial Chemical Treatment
4. Repairs by Contractor
5. Follow-up Chemical Treatment
6. Final inspection/closeout

Following is a more detailed description of the treatment protocols and should answer most of your questions.

1. Cleaning

It is essential that you thoroughly clean and prepare your apartment before chemical treatment. Please utilize the cleaning and preparation checklists provided below.

Bed bugs will be killed at 120°F, and surfaces scrubbed with a stiff brush and vacuumed will remove bed bug eggs.

Cleaning and Laundry Checklist

- ☐ Place all clothing and linens in large, clear plastic bags to see contents easier. Do not use cardboard boxes because bed bugs can hide in folds and will deposit eggs there.
- ☐ Place all shoes, coats, pillows, children's plush toys, and small rugs and mats into large, clear plastic bags. Shoes can be vacuumed; rugs can be cleaned at a Laundromat (in a HOT dryer for ½ hour).
- ☐ Personal belongings should be inspected carefully, cleaned, and placed into plastic bags or bins. Take down all things bed bugs can hide behind such as clocks, hanging picture frames, posters, etc.
- ☐ All clothes, linens, pillows, shoes, coats, and children's plush toys should put into a HOT dryer for 1/2 hour or longer. Do not overstuff the dryer because heat must reach all items.
- ☐ Separate cleaned items from items that have not been checked or cleaned.
- ☐ Personal belongings should remain in the bag until they can be carefully inspected or washed.
- ☐ The room should be emptied of all personal belongings, and floors thoroughly vacuumed with a brush attachment (which should later be washed in hot water and detergent).
- ☐ The mattress, box spring, and bed frame should be vacuumed thoroughly. After vacuuming, immediately place the vacuum cleaner bag in a plastic bag, tie it tightly, and throw the bag away outside the residence.
- ☐ Buy and install certified "bed bug proof" encasements for the mattress and box spring. Scrub the mattress seams with a stiff brush to dislodge bed bugs and any eggs and vacuum these up. Also vacuum surfaces. Then enclose the mattress in the encasement for at least one year. This will trap any remaining bed bugs within the encasement and not let others inside. If necessary, properly dispose of infested bedding (see instructions below). Always encase new bedding.
- ☐ Nonporous-surfaced furniture, floors, and walls should be washed liberally with warm soapy water. Use essential oil soaps (pine, orange, or lemon), enzyme soaps, or a sudsy detergent.
- ☐ Wash in and around any steam or hot water radiators (not electric baseboard heat).
- ☐ **Do not discard mattresses, furniture, clothing or other items without properly wrapping them and coordinating the disposal with the building staff. Do not leave these items in common areas of the building (hallway, basement, etc.). Doing so will only spread the infestation to neighboring apartments, and possibly lead to a return infestation in yours.**

Follow manufacturer's specifications for cleaning all items or consult with a professional cleaning company for recommendations. The following are suggestions for cleaning techniques:

- o -Hot water and essential oil (lemon, orange, pine) soaps for cleaning
 - o -Scrub with a stiff brush to loosen and remove bed bug eggs
 - o -Use a low moisture steam cleaner, clothes dryer or other heat source that reaches a temperature of 120°F to kill bed bugs
 - o -Thoroughly vacuum all areas of your apartment.
 - o Use the vacuum and stiff bristle brush attachment for items that cannot be washed.
- Clothes, blankets, and linens should be put in a HOT dryer for at least ½ hour. Items such as shoes, luggage and other materials not treated with pesticides also need to be vacuumed with the stiff brush attachment or washed with essential oils and a scrub brush and inspected. After your apartment has been treated and posttreatment time has passed, it is very important that you vacuum and clean on a regular basis to prevent another infestation.

2. Preparation for Treatment

Treatment Preparation Checklist

- ☐ **Notify your landlord immediately if you have small children, elderly people, health compromised individuals, or pets (including dogs, cats, fish, and reptiles) in the household.**

- ☐ Remove all blankets, sheets, covers, pillows, bath towels, and drapes/curtains from the bed and room, and place them in sealed plastic bags for transport to the laundry.
 - ☐ **EMPTY ALL DRAWERS AND CLOSETS** into plastic bags, and place belongings in the center of the room. Place all clothing and coats into bags for transport to the laundry. Shoes, pillows, and children's plush toys should also be bagged.
 - ☐ Plastic toys, books, electronics, and anything that cannot be washed or placed in a dryer should be bagged separately for your cleaning and inspection. Vacuum or hand wash.
 - ☐ The room should be empty of all clothing and plush items. If possible, the pillows of stuffed furniture should be removed and laundered.
 - ☐ Move furniture at least 18 inches from the walls. Older or physically handicapped people may need assistance with this.
- Remove outlet covers and switch plates on all walls (building staff or contractor should perform this).
- ☐ Make sure the pest control professional can get to all furniture, closets, beds, and baseboards to inspect and treat.
 - ☐ If there is a fish tank in the household, it should be covered with a towel or plastic, because fish are very sensitive to many pesticides.
 - ☐ All clothing, linens, and other items must be cleaned (free of bed bugs) and kept isolated until the bed bug problem is eliminated.
- A properly prepared room looks like you were moving out. This provides our technicians access to all surfaces including the inside of drawers, and enables us to treat all cracks, crevices, and other areas where bed bugs may hide.

3. Initial Chemical Treatment

The success of the chemical application is dependent upon proper cleaning and room preparation. Please take your time to understand the procedure, and follow the included guidelines. Schedule an appointment for an initial chemical treatment with your building management when you know you can be properly prepared.

The first treatment consists of:

Crack and crevice vacuuming, use of steam where applicable.

Chemicals we use include:

- Contact insecticides for quick knock down/kill
- Residual insecticides for long-lasting effect
- Insecticide dust or desiccants dust for wall voids
- Insect growth regulators (IGRs)

Material Safety Data Sheets (MSDS) are available upon request.

- ☐ People and pets must leave the area during treatment, and wait the label stated amount of time before reentering, usually about 4 hours, or until the chemical is dry.

4. Repairs by Contractor

After your initial chemical treatment, the landlord should engage a tradesman to make necessary repairs to your living space. Bed bugs can live in cracks and crevices the thickness of a credit card. Eliminating harborage places is essential for long term success.

- ☐ Repair cracks in plaster, reattach all loosened wallpaper, especially in the bedroom, and repair peeling painted surfaces.
- ☐ Flooring should be repaired and refinished to eliminate holes, gaps, and cracks. Holes should be repaired, sealed, and painted.
- ☐ Electric outlet and switch plate covers should be sealed.
- ☐ Sealants used must ideally have an elastomeric property to allow expansion and contraction with the structure to avoid opening up small cracks and crevices over time.

Follow up Chemical Treatment

- ☐ Your land lord should schedule a follow-up treatment 2 weeks after your initial treatment.
- ☐ If possible, remain “packed-up” for your follow-up chemical treatment. It will enable the technician, again, to effectively treat all surfaces.
- ☐ Residual insecticides are employed for long-lasting effect
- ☐ People and pets must again leave the area during treatment, and wait the stated amount of time before reentering, usually about 4 hours, or until the chemical is dry.

5. Final inspection/closeout

Schedule a final inspection with your building management.

If you have questions about the information listed above, please call the Gloucester Health Department at (978) 281-9771.

(adapted from <http://www.sentrypestpros.com/files/bedbug-preperation.pdf>)